



## Simmered Beans

*Add Pico de Gallo for a spicy twist.*

**Makes 12 servings.**

*½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 1 hour and 15 minutes to 1 hour and 45 minutes

### Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- ¼ teaspoon salt

### Preparation

1. Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

**Nutrition information per serving:** Calories 112, Carbohydrate 21 g, Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

## Refried Beans

*Top with Tomatillo Salsa for great flavor and color.*

**Makes 4 servings.**

*½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 10 minutes

### Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

### Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

2. Stir in beans with part of the broth. Cook 1 minute.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

**Nutrition information per serving:** Calories 200, Carbohydrate 32 g, Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg